



Questions to Ask about Mental Health Services

Getting information you want to know

Whether you use public or private mental health services, it is important to find providers and programs that you are comfortable with and can help you address your problems. Here are some questions you can ask to get more information about the service or service provider. Check which ones you want to ask.

Questions to Ask

About the services

- ☐ How does this service help people recover from mental health problems?
- ☐ How will I know this service is helping me?
- ☐ What is the role of peer support in this service?
- ☐ What other services are available from this agency?
- ☐ What should I do if I do not like this service?

About my rights

- ☐ What are my rights as a user of this service?
- ☐ How am I involved in making decisions about my treatment plan?

About my responsibilities

- ☐ What are my responsibilities in this service?
- ☐ How often will I need to attend? For how long?
- ☐ What does this service cost? What is my responsibility for paying this cost?

Write other questions you want to ask:

1. _____
2. _____
3. _____

For more information about mental health services:

U.S. Substance Abuse and Mental Health Services Administration (SAMHSA): <http://www.samhsa.gov/>
SAMHSA's Center for Mental Health Services (CMHS): <http://mentalhealth.samhsa.gov/cmhs/>
U.S. Department of Veterans Affairs: <http://www.mentalhealth.va.gov/>